

Date: _____

Day: _____

"Don't want anything. Then you get everything."
- Seungsahn

Good Habits/Activities to Maintain:

Spiritual: ○

Physical: ○

Mental: ○

Economic: ○

Emotional: ○

General: ○

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

Bad Habit to Overcome:

Did You Resist The Bad Habit?

Self Reflection

Productivity:

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note: